



Health & Wellness Programs for 55+
Invites you to attend our annual

Open House

1901 Weston Road, Main floor

Thursday September 6, 2018

9:30 am – 12:30 pm

Join us for live demonstrations and workshops.

Our friendly staff and instructors will be on hand to answer questions.

For the second time, YWALC will host amazing vendors with many unique items for sale.

Don't miss this rare shopping opportunity.

Featured Programs

Drum Fitness Seated and Standing



Funded by:



New Horizons for Seniors Programs

Open Circuit Workout



Funded by:



Ontario Sport and Recreation Communities Fund

Light snacks will be provided

For more information call Rita at 416.245.4395 x 222
or email rita@ywalc.ca

Stay Active

1901 Weston Rd Weston M9N 3P5

Be Fit

416.245.4395

Live Well

www.ywalc.ca